

the PINECONE

The Magazine of Kirby Pines LifeCare Community • May 2025 | V. 43 | I.5

*Happy
Mother's
Day*

**SARAH MADDOX
& HER SON, ALAN**

*Both enjoying life, living
at Kirby Pines!*

May Means Mother's Day

On Saturday, May 10th, Kirby Pines will put on the biggest bash of the year! On that day, we invite our residents to invite their family and friends to join us in this wonderful Kirby Pines tradition. In fact, I am safe in saying that nowhere else is this duplicated in the Senior Living Arena across the United States! Last year's attendance exceeded 800.

There will be great food hot off our grill and ice cream to keep us cool. There will be an assortment of games, face painting, a petting zoo and of course, the bouncy house. All of this is open, at no charge, to our families, friends, and at large public. This makes it truly a tradition like no other!

I, also, would like to announce, we now have a full compliment of Senior Managers here at Kirby Pines.

Ann Marie Bishop has joined us as Director of Accounting. Ann Marie grew up in northeast Mississippi. She brings a wealth of knowledge gained through her 30 years of experience in both public and private accounting working in a variety of industries. She at one time was also a college adjunct accounting professor and kindergarten teacher. Outside of work she enjoys jazzercise, working her in her flower beds, singing in her church choir and playing with her two dogs. She currently serves on the board of the Memphis chapter Tennessee Society of Certified Public Accountants with their Accounting Awareness committee.

at Kirby Pines

Frank Hunter has joined us as Environmental Services Director. Frank was born in Aurora, Colorado and raised in Memphis. Frank graduated from Memphis Harding Academy and the University of Tennessee at Martin. Post college, Frank worked as a Program Director for the Boys and Girls Club of Greater Memphis. He spent 18 years in Environmental Services leadership for acute care and inpatient, healthcare organizations. Frank is married to Pamela Hunter with 2 children, Bresha Love and Caelin Hunter. Frank enjoys playing basketball and tennis and watching his son play basketball.

With the addition of these two professionals, I am proud to be working with such a dynamic team! Please stop by and welcome Ann Marie & Frank.

See ya on Mother's Day!



Michael J. Brown, Jr.
Executive Director,
Kirby Pines

ON THE PINECONE COVER

Kirby Pines LOVES Mother's Day!

May is the month everyone at Kirby Pines looks forward to. The grounds are popping with color, the sun is shining, there are goslings waddling around and everything feels refreshed and renewed. It is also the month we host our biggest event of the year, our Annual Mother's Day Cookout, which will be held Sunday, May 10th, beginning at 11:00 am.

But first, we have loads of other opportunities to tell you about. The Travelers are busy with trips to McCarty Pottery on the 1st, the Collierville Fair on the 4th, Theatre Memphis to see the Side Street Steppers the 7th, a golf outing at Miramichi the 13th, The Belz Asian & Judaic Museum on the 28th and the Peabody Hotel on the 30th. The Kentucky Derby will show in the theater on the 3rd and the Hamateurs are back in action on the 16th.

Because Mother's Day is so special, our front cover features Alan Maddox with his mom, Sarah. Sarah and her husband, Roland, moved to Kirby Pines in 2023, bringing Alan to move here a year later, to be closer to his parents and enjoy the Kirby experience.

Our back cover is another family tie, new resident Nancy Pickett, with her daughter, Stephanie, and grandson, Joshua. Stephanie, just happens to be married to our very own Executive Director, Michael Brown. Like we always say, Kirby Pines is family!

Sarah & Roland Maddox with young Melanie & Alan



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This magazine is produced by RCA
6465 N. Quail Hollow Rd., Suite 400
Memphis, TN 38120, 901-794-2598

*Electronic version of The Pinecone
is available at www.kirbypines.com*



Get to know Kirby Pines'

NEW RESIDENTS



Ronny & Betty Copeland

Ronny and Betty Copeland come to Kirby Pines from their previous home in Memphis. Before Memphis, they lived in Austin, Texas. Married for 58 years, they have three children and 10 grandchildren.

Ronny graduated in 1970 from Harding University with a degree in Physical Education and Health. He was a coach and teacher with the Memphis City Schools. Betty also graduated from Harding University with a degree in Home Economics. She was a teacher and administrator with Harding Academy for 42 years.

Camping at Fall Creek Falls in middle Tennessee when the children were young is a fond family memory. The Copelands have visited many of the state and national parks out west. Ronny's traveling also included a trip to the summer Olympics in 1996 in Atlanta. He hopes to go to Los Angeles in 2028 when the U.S.A. host the Olympics again.

Keeping up with the grandchildren's sports and other activities keep Ronny and Betty busy. They enjoy walking and reading.

We are so glad the Copelands have chosen Kirby Pines for their retirement home and hopefully they feel right at home! If you see them around Kirby, give them a friendly hello and invite them to join our many activities.



Nancy Pickett

We are pleased to welcome Nancy Pickett from her previous residence in Murrells Inlet, South Carolina. She was born in Union City, Tennessee and has three children and two grandchildren.

A graduate of The University of Tennessee, she earned a BS Degree in pharmaceuticals in 1974. She had a 37 year career as a pharmacist.

Nancy's hobbies include doing puzzles, playing Bridge and being a grandmother. She also enjoys walking, yoga, and light exercise classes.

Easter and Christmas are Nancy's favorite holidays and has fond memories of celebrating these holidays with her extended family. She is a fan of U of M basketball and UT basketball and football.

Nancy enjoys traveling and has traveled throughout the United States including the Grand Tetons and the Grand Canyon. She has also visited many other states from out west to the east coast.

We are pleased to welcome Nancy to our Kirby Pines family!

Her friends describe her as sweet, caring, inquisitive and generous. Sounds like Nancy is a welcome addition to our community with her work experience and her commitment to helping others. Get acquainted with Nancy soon!



Nancy Wark

Nancy Wark has moved to Kirby Pines from her previous home in east Memphis. She was born in Dayton, Ohio and grew up in Massapequa Long Island, New York. She is the proud mother of two children and two grandchildren.

A graduate of Nazareth College in Rochester, New York, Nancy earned a degree in Speech Pathology. She served as President/Pathologist of Nancy H. Wark and Associates for 45 years.

Nancy's hobbies and interests include reading, hiking, bird watching, home improvement/decorating and gardening. Her past travels have included England, France, Italy, Switzerland, Austria, Holland and New England, California, Idaho in the United States.

Nancy is a member of the Zonta Club, she serves as chair of the Memphis chapter of The Tennessee Trails Association, and she enjoys her book clubs. Nancy use to collect pottery and continues to collect art.

A very active person, Nancy hikes and participates in aerobics, yoga, and pilates.

You will want to meet Nancy, her many travels and interests make her a true fit for our Kirby Pines lifestyle. We are happy to have Nancy as a new neighbor and hope she will soon be involved in our many resident programs.



WORKING OUT THROUGH PAIN.

Learn when to keep moving through exercise pain and when to stop.

Exercise is crucial if you have arthritis. But knowing just how much activity to do when you're hurting can be tricky. Research shows that moderate activity can help prevent the progression of arthritis and improve overall function. But while mild muscle soreness after a workout is normal, sharp pain during or immediately after can signal injury. And sometimes simply the fear of pain can keep you from wanting to do any kind of exercise. Here's how to determine when it's OK to work through exercise pain – and when it's not.

If you have mild to moderate pain in a specific joint area before you work out: Some mild pain is typical when you first start to move, but after a few minutes you'll usually start to feel better, says A. Lynn Millar, PhD, a professor of physical therapy at Winston Salem State University. "Our joints and muscles get nutrition through movement," she explains. "With some movement, you'll improve the lubrication and circulation around that joint." Start with some gentle range of motion movements and if that feels OK, progress to some low-impact activity like walking.

If you have moderate to severe pain in a specific joint area before you work out: Focus on a different area for a day or two. If your knees hurt, decrease the intensity. If the pain becomes worse, then stop the lower body moves and work your upper body instead. "Continuing to put pressure on a joint when it's especially sore could contribute to joint damage, so it's best to ease up for a while," says physical therapist Richard Kassler, supervisor at New York University Hospital for Joint Diseases.

If you have moderate to severe joint pain during exercise: Stop immediately. "Most people with arthritis can work through mild pain safely. But if you're experiencing a lot of pain while you exercise, even if you're not doing a particularly joint-taxing workout, it may be a sign that you have inflammation in the joint, or even joint damage that requires treatment," says Kassler.

If you consistently have joint pain (not muscle pain) after exercise: Switch to a workout that puts less pressure on your joints. "If you need an elaborate brace or have to pop ibuprofen constantly, it's a pretty good sign that your activity is too hard on your joints. Swimming, water aerobics and biking are all good options for people with joint pain.

If you occasionally have moderate to severe joint pain the day after you work out: Cut back on the intensity of your workout. Take a day off, then doing a shorter, less strenuous workout. If your pain still doesn't let up, switch to a less intense form of exercise, such as water aerobics.

"No Pain, No Gain. That's Insane. Listen to your body." Our exercise classes in the pool, Oasis and in the PAC are good for everyone whether they have arthritis or not. Please consider joining us. See the schedule at right for times and places.



Weekly Fitness Classes

Get Physical with Kim

8:00 am | Mon & Fri | Oasis

9:00 am | Wed | Oasis

Advanced Water Aerobics with Kim Roberts

8:00 am | Mon, Tue & Thu | Pool

Basic Water Aerobics Resident Led

9:30 am | Wed & Fri | Pool

Men's Water Aerobics Resident Led

8:30 am | Tue & Thu | Pool

Exercise in the PAC Resident Led

9:30 am | Mon, Wed & Fri | PAC/Live TV

Chair Yoga with Kim

10:30 am | Monday | PAC/Live TV

11:00 am | Wednesday | PAC/Live TV

Strength Training with Kim

Friday Only

10:15 am | PAC/Live TV

Yoga Stretch with Kim

Friday Only

10:45 am | PAC/Live TV

Cardio Move & Strength with Kim

10:30 am | Tue & Thu | PAC/Live TV



**“Communication
is Connection”**

BRR | BROAD
RIVER
REHAB

**“When someone in the family has a hearing loss,
the entire family has a hearing problem.”**

May is National Speech-Language-Hearing Month, a time to raise awareness about communication disorders and recognize the vital work of Speech-Language pathologists and audiologists.

Why It Matters

Communication is at the heart of connection. Whether it's chatting with a friend over lunch, telling a story from years past, or understanding instructions, our ability to communicate impacts our daily lives in big and small ways.

Some of our members may experience challenges such as:

Aphasia

difficulty with language due to stroke or brain injury.

Hearing Loss

which can make conversations frustrating or isolating

Cognitive-Communication Disorders

which affect memory, thinking, and communication after events like a stroke or dementia.

Let's Celebrate & Support

This month, we honor the incredible professionals who help improve communication and quality of life—our speech-language pathologists (SLPs) and audiologists. Their work helps individuals regain speech after illness, adapt to hearing loss, and maintain cognitive health.

You Can Help Too!

- Speak clearly and face the person you're talking to
- Be patient with those who need a little extra time to respond
- Use writing or gestures if needed
- Encourage one another—every voice matters

Together, let's make May a month of listening, learning, and lifting up every voice.



If you are experiencing loss of communication in any way, please contact the Broad River Rehab Team for guidance.



Thursday, May 15 | 5:00 pm

Stuffed Mushroom Caps or Shrimp Cocktail

Wedge Salad or Caesar Salad

Bone In Ribeye | 8 oz. Filet | New York Strip

Rack of Lamb | Salmon with Mango Salsa

Hot Baked Skillet Mac & Cheese | Baked Potato

Asparagus Caprese | Creamed Spinach

Cheesecake or Crème Brulee

Migration Chardonnay or

Coppola Cabernet Director's Cut

FOR RESERVATIONS

call 901.369.7302





Resident Spotlight: Marcia & Richard Fraley

Richard attended David Lipscomb College in Nashville, Tennessee, for two years; then he transferred to Ohio State University in Columbus. Marcia moved there following her graduation, so long distance dating ended. They were married in 1964. Richard continued his studies, graduating with a B.S. in Chemistry. They became parents to three children, Aimee, Douglas and Keith. The family vacations centered on camping and enjoying nature. Aimee and Keith live in Texas, and there are now four grandchildren to love. Sadly, their oldest son, Douglas, passed away at age 55 during COVID in 2020.

Richard started his career in Barberton, Ohio, for PPG Industries. His career led him to several jobs as a formulation chemist in Ohio, Texas, Illinois, and California. He worked with pesticides, herbicides and fungicides and has two registered patents in these products; his last job was in Memphis with Adjuvants Unlimited. Marcia continued in her nursing career, working primarily on medical-surgical and recovery room units as well as being the primary caregiver to their children. Her last employment was with Baptist Desoto in Southaven, Mississippi. They both retired in 2015.

Life was different after retirement. Marcia took some of her retirement money and bought a Corvette. “We had lots of fun trips with the Corvette Club of Memphis,” recalls Marcia. The couple has also traveled extensively including several cruises and hiking experiences; their favorite was the “Bright Angel” trail in the Grand Canyon— a 12 hour trip! Also important was the visit to Normandy Beach and the American Cemetery.

Marcia and Richard have experienced a life of both joy and sorrow. Their faith has sustained them and led them to devote their lives to church-centered activities and helping others. Both have taught Bible class and supported VBS wherever



Richard & Marcia Wedding

they have lived. Richard has been a song leader, deacon, elder and Bible School Coordinator. They initiated a “Thursday School” while living in Mentor, Ohio. They have made two missionary trips to El Salvador as well as worked with Disaster Relief in Nashville. While living in Houston, Texas, Marcia worked with the chaplaincy at MD Anderson Hospital. “We have made so many ‘church friends’ all over the country and keep in touch with them,” states Marcia. They are currently members of Germantown Church of Christ.

The Fraleys decided to move to Kirby Pines when medical issues began to surface, and they were taking care of a 4,000 square foot house and three acres of land. After looking at several places, they moved to Kirby in May 2024. They continue their motto, “Just Keep Moving!” with regular exercise. Both have always loved to sing. Richard is a member of the Chorus and Marcia is in the Line Dancers and Theater Group. “There are so many things to enjoy here,” says Marcia. “We made the right decision. We love the people, all of the activities and the beautiful campus. It has all been great, and we have a lot to look forward to—even Corn Hole!”

Written by Joan Dodson, Resident of Kirby Pines

JUST KEEP MOVING

Marcia and Richard Fraley seem to have opposite personalities, so what attracted them to each other? Whatever it was has bonded them in their faith and desire to help others for 60 years! How did they meet? A rather unusual story: Richard stole Marcia’s shoes!

Marcia and Richard were born in the same hospital in Steubenville, Ohio. However, they would not meet until the “shoes incident.” Born two years apart, their families lived on opposite sides of the Ohio River, Marcia’s in Weirton, West Virginia, and Richard’s in Steubenville, Ohio. When Marcia was 13, her father bought a 200 acre farm in Richmond, Ohio. The family began attending the Church of Christ in Steubenville, the church Richard’s family attended. During her first VBS, Marcia removed her shoes and placed them under the pew. Richard decided to steal and hide them. According to Marcia, “Taking off my shoes was my thing—I’m from West Virginia, you know! Naturally, this caused a scene; the Bible school teacher was not impressed, but... that was the beginning of our relationship.”

Marcia Goddard loved living on the farm. “It was a great place,” recalls Marcia. “My sister and I drove the tractor, helped with thrashing, loading the hay and with gardening. Our family was joined by a new addition, a brother, when I was 16 years old. I was more like a mother than a sister. He was a good kid and didn’t give me much trouble.”

Marcia decided that a career in nursing was her way to have a Christian career—helping, encouraging and comforting people. Following high school, she enrolled in the nursing program at Akron General Hospital in Akron, Ohio. Following graduation, she moved to Columbus, Ohio. Her first job was in a hospital ICU, and she was assigned to care for a patient in an iron lung. “It was quite stressful,” recalls Marcia, “But I learned quickly, and we both survived!”

Richard remembers his childhood as a good time, except when his sister hit him on the head with a broom because “he wasn’t playing right.” The family was active in church and enjoyed camping; Christmas was always a big event. When he was about two years old, Richard took a red ball from the Christmas tree and took a big bite from it. Perhaps the love of science and experimenting was an early interest! He was an honor student in high school, excelling in science and mathematics. He played football as well as trumpet in the school concert band.



Being a mom is a tough job—the care and attention they give, the worrying that keeps them up at night, all of the little details they keep track of to make their family's lives run smoothly. And while we all try to give the moms in our lives their justly earned accolades, the truth is that all too often they don't get enough credit. That's part of what makes Mother's Day such a special event: a day to show those all-important ladies our appreciation. Here's some sweet trivia all about moms.

Mother's Day isn't always on the same date each year.

The holiday is celebrated every year on the second Sunday of the month of May. This year it will be on May 11th.

More calls are made on Mother's Day than any other day of the year. Reportedly there are approximately 122 million calls made on the second Sunday of May every year.

One of the earliest Mother's Day celebrations was in Ancient Greece. The Greeks would have spring celebrations in honor of Rhea, the goddess of fertility, motherhood, and generation.

The moniker 'Mom' comes from babies. The first thing most babies can vocalize is the 'ma' sound, which is why in almost every language the word for mother begins with the letter 'M' or is some iteration of the 'ma' sound.

The history of American Mother's Day starts with peacemaker Ann Jarvis. During and following the Civil War, Ann Jarvis made a concerted effort to foster friendship and community between the mothers on both sides of the war. She started a committee in 1868 which established the first glimmer of today's holiday: "Mother's Friendship Day."

Woodrow Wilson signed Mother's Day into law in 1914. After Anna Jarvis, Ann Jarvis' daughter, created the Mother's Day International Association in order to streamline the intimate day of observance to the second Sunday in May, Woodrow Wilson legitimized the celebration as a nationwide holiday.

Carnations have a special meaning on Mother's Day. Anna Reeves Jarvis used the carnation on Mother's Day to symbolize whether your mother was living. A red carnation meant she was, and a white meant she had passed.

Mother's Day is celebrated all over the world. While the celebrations may be held on different days internationally, Great Britain, Canada, Costa Rica, Samoa, Georgia, Australia, and Thailand all have designated celebrations to honor their country's mothers.

Beauty salons and spas also get a Mother's Day boost. According to the National Retail Federation, on Mother's Day, people will spend \$2 billion on personal services (like spa treatments) for their mothers.

The most popular gift for Mother's Day is the greeting card. Every Mother's Day there are approximately 152 million Mother's Day cards sent.

Moms aren't the only ones getting Mother's Day love. The average American buys 2.8 Mother's Day cards, so most people are buying more than just one for their mom. Many people opt to buy Mother's Day cards for grandmothers, sisters, and their mother-in-law as well. More love for moms to go around!

Congratulations to our **CHAMPION of the Month**

Dining Room Server

KEITH LANGSTON

Describe Your Family: Married with two girls.

Describe yourself in five words: Family Man, hard worker, funny, sense of humor.

What do you do for fun: Hang out with my family.

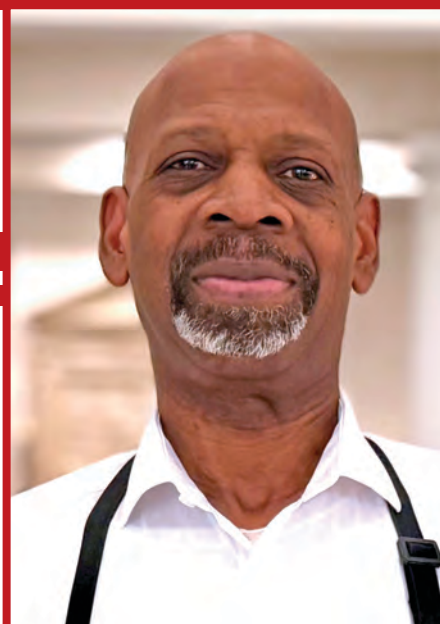
Do you have any hobbies: Listening to music.

What is your favorite thing about your job: Love to work with people.

Your favorite song: All I Do Is For You by Kenny Latimore.

What is something you are proud of: My two daughters.

What would you like people to know about you: Love my job and working in food & beverage.



Keith continuously displays a sincere understanding of his purpose at Kirby Pines and what it truly means to be a humble steward. His display of skills and empathy for our residents is outstanding. Keith is polite, courteous and takes on other tasks without being asked or instructed and takes great pride in his work. He always makes sure his station is clean, presentable and polished. We are proud to have Keith on our team.

- Chris Griffin, Dining Room Manager

REFLECTIONS

By
Maxie Dunnam



FORGIVE

PRACTICE BEING GOD

Clement of Alexandria, one of the early church fathers, said all Christians should “practice being God.” When I first read that, it shocked me. Me...practice being God? But the more I thought about it, the more gripping the idea became. **Practice being God.**

Don't close your mind, thinking this is irreverent. Paul was talking about this in his word about reconciliation? “*All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation.*” (2 Corinthians 5:18)

Do you see it? Paul said first, *God reconciled us to himself...* that's what God does. Then...what are we to do? He has called us to do the same. Isn't He talking about *practicing being God*?

Come at it in a slightly different way. When are we most like God? We are most like God when we are most like Christ. And when are we most like Christ? We find our answer again in Paul. Preceding what he said about reconciliation, he wrote: “*For the love of Christ controls us, because we are convinced that one has died for all; therefore, all have died. And He died for all, that those who live might live no longer for themselves but for Him who for their sake died and was raised.*” (2 Cor. 5:14-15) What an encompassing statement: “*convinced that (Christ) has died for all.*” That means that since He has died for all He has died for each, and that is the great solvent by which the love of God melts our hearts. If Christ loves like that, and we are to love as he loved, to not forgive is never an option.

Practice being God. Whether we like the language or not, at the core of the Christian faith is forgiveness. Who is a person you need to forgive whether they have requested it or not? Begin with that person as you *practice being God*.

One of the joys of my life was to chair the Evangelism Committee of the World Methodist Council for 12 years. This gave me opportunity to travel the world and meet extraordinary Christians. One of those is Stanley Mogoba. He was the first black person to be elected the presiding bishop of the Methodist Church of South Africa.

About the time Nelson Mandela was sent to prison, Stanley met with a group of angry students and sought to dissuade them from violent demonstration. Just for that – trying to avert violence -- he was arrested and imprisoned for six years on the notorious Robben Island. Mandela was already in prison there. His life and witness led to break the back of Apartheid, the awful governmental system of racial oppression. He and Mogoba became friends there in prison.. .”

One day someone pushed a religious tract under Mogoba's cell door. Parenthetically, don't ever forget: Most persons who come to Christ do so not by big events, but by relationship and simple actions, like a person putting a tract beneath a prison cell door. I wish I had the time to tell more of his story. By reading that little tract and responding to the Holy Spirit, Mogoba quoted the words of Charles Wesley's hymn to describe his experience:

**“Thine eye diffused a quickening ray
I woke, the dungeon flamed with light;
my chains fell off; my heart was free.”**

God showed up, and something unexpected happened.

Are you listening? Am I making the case? **God who came unexpectedly at Pentecost continues to show up, in persons, on the streets, in the Church.**

**Stanley
Mogoba
and
Nelson
Mandela**



May Vesper Services | 6:30pm | Performing Arts Center

May 1

Philip Slate
*National Day
of Prayer*

May 8

Rev John Bills
*First Baptist
Fisherville*

May 15

Sing and Praise
*Hymn
Sing*

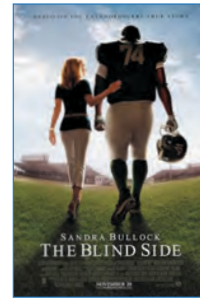
May 22

Dr John Enoch
*Covenant
Baptist Church*

May 29

Eric Brand
*Lay Teacher
Advent Presbyterian*

MEET ME AT



FORREST GUMP (1994)

Friday, May 2 | 1:30 pm

Saturday, May 3 | 6:30 pm

Sunday, May 4 | 6:30 pm

Cast: Tom Hanks, Robin Wright, Gary Sinise

The history of the United States from the 1950s to the '70s unfolds from the perspective of an Alabama man with an IQ of 75, who yearns to be reunited with his childhood sweetheart.

FREEDOM WRITERS (2007)

Sunday, May 3 | 1:30 pm & 4:00 pm

Cast: Hilary Swank, Patrick Dempsey

Erin Gruwell, a young teacher in a racially divided Los Angeles school, inspires her class of at-risk students, deemed incapable of learning, to learn tolerance, apply themselves, and pursue education beyond high school.

A LEAGUE OF THEIR OWN (1992)

Tuesday, May 6 | 1:30 pm & 6:30 pm

Cast: Tom Hanks, Geena Davis, Lori Petty

During World War II, sisters Dottie and Kit join the first female professional baseball league and struggle to help it succeed amid their own growing rivalry.

MARIE ANTOINETTE (2006)

Wednesday, May 7 | 1:30 pm & 6:30 pm

Cast: Kirsten Dunst, Jason Schwartzman, Rip Torn

The retelling of France's iconic but ill-fated queen, Marie Antoinette. From her betrothal and marriage to Louis XVI at 14 to her reign as queen at 19 and to the end of her reign as queen, and ultimately the fall of Versailles.

TERMS OF ENDEARMENT (1983)

Friday, May 9 | 1:30 pm

Saturday, May 10 | 6:30 pm

Sunday, May 11 | 6:30 pm

Cast: Shirley MacLaine, Debra Winger, Jack Nicholson

Widow Aurora Greenway juggles her own struggles with a new

romantic interest while trying to sort out the emotional problems of her daughter who's married to a philandering husband.

THE BLIND SIDE (2009)

Saturday, May 10 | 1:30 pm

Cast: Sandra Bullock, Tim McGraw, Quinton Aaron

The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.

GOOD WILL HUNTING (1997)

Sunday, May 11 | 1:30 pm & 4:00 pm

Cast: Matt Damon, Robin Williams, Ben Affleck

Will Hunting, a janitor at MIT, has a gift for mathematics, but needs help from a psychologist to find direction in his life.

DREAM GIRLS (2006)

Tuesday, May 13 | 1:30 pm

Cast: Jennifer Hudson, Jamie Foxx, Beyoncé

A trio of black female soul singers cross over to the pop charts in the early 1960s, facing their own personal struggles along the way.

HEART OF CHAMPIONS (2021)

Wednesday, May 14 | 1:30 pm & 6:30 pm

Cast: Michael Shannon, Alexander Ludwig

During their last year at an Ivy League college in 1999, a group of friends and crew teammates' lives are changed forever when an army vet takes over as coach of their dysfunctional rowing team.

BREAKFAST AT TIFFANY'S (1961)

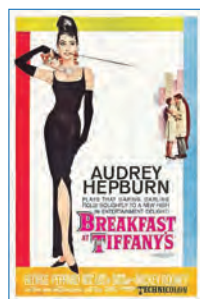
Friday, May 16 | 1:30 pm

Saturday, May 17 | 6:30 pm

Sunday, May 18 | 6:30 pm

Cast: Audrey Hepburn, George Peppard

A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.



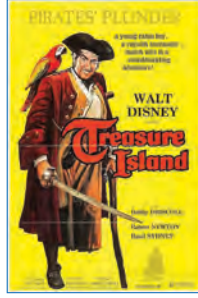
TEA WITH MUSSOLINI (1999)

Saturday, May 17 | 1:30 pm

Cast: Maggie Smith, Judi Dench, Cher

An orphaned Italian boy is raised amongst a circle of British and American women living in Mussolini's Italy before and during World War II.

THE MOVIES



SPY GAME (2001)

Sunday, May 18 | 1:30 pm & 4:00 pm

Cast: Robert Redford, Brad Pitt

Retiring CIA agent Nathan Muir recalls his training of Tom Bishop while working against agency politics to free him from his Chinese captors.

INTO THE WILD (2007)

Tuesday, May 20 | 1:30 pm & 6:30 pm

Cast: Emile Hirsch, Vince Vaughn, Catherine Keener

After graduating from Emory University, top student and athlete Christopher McCandless abandons his possessions, gives his entire \$24,000 savings account to charity and hitchhikes to Alaska to live in the wilderness.

A COMPLETE UNKNOWN (2024)

Wednesday, May 21 | 1:30 pm & 6:30 pm

Cast: Timothée Chalamet, Edward Norton

In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world.



TREASURE ISLAND (1950)

Friday, May 23 | 1:30 pm

Saturday, May 24 | 6:30 pm

Sunday, May 25 | 6:30 pm

Cast: Bobby Driscoll, Robert Newton, Basil Sydney

The treasure seeking adventures of young Jim Hawkins and pirate captain Long John Silver.

THE PURSUIT OF HAPPYNESS (2006)

Saturday, May 24 | 1:30 pm

Cast: Will Smith, Thandie Newton, Jaden Smith

A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career.

THE TERMINAL (2004)

Sunday, May 25 | 1:30 pm & 4:00 pm

Cast: Tom Hanks, Catherine Zeta-Jones

An Eastern European tourist unexpectedly finds himself stranded in JFK airport, and must take up temporary residence there.

EVEREST (2015)

Tuesday, May 27 | 1:30 pm & 6:30 pm

Cast: Jason Clarke, Ang Phula Sherpa

On May 10, 1996, mountain guides Rob Hall and Scott Fischer combine their expedition teams for a final ascent to the summit of Mount Everest. With little warning, a storm strikes the mountain and the climbers must now battle to survive.

THE QUICK AND THE DEAD (1955)

Wednesday, May 28 | 1:30 pm & 6:30 pm

Cast: Sharon Stone, Gene Hackman, Russel Crowe

A female gunfighter returns to a frontier town where a dueling tournament is being held, which she enters in an effort to avenge her father's death.

THE SIGN OF ZORRO (1958)

Friday, May 30 | 1:30 pm

Saturday, May 31 | 6:30 pm

Cast: Guy Williams, Henry Calvin, Gene Sheldon

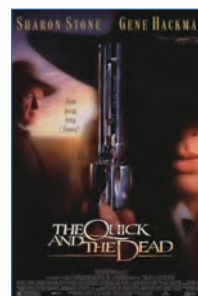
A masked vigilante battles a corrupt commandant by night while masquerading as an aristocrat by day.


TEXAS RANGERS (2001)

Saturday, May 31 | 1:30 pm

Cast: James Van Der Beek, Rachael Leigh Cook

A ragtag group of youngsters band together after the American Civil War to form the Texas Rangers, a group charged with the dangerous, ruthless duty of cleaning up the West.



<div>May2025</div>		<div>ABBREVIATIONS KEY</div> <div><div><div>● Thtr - Theater</div><div>● FDR - Formal Dining Room</div><div>● PAC - Performing Arts Center</div><div>● BR - Billiard Room</div><div>● Trans - Transportation</div></div><div><div>● HS - Hobby Shop</div><div>● SCR - Small Card Room</div><div>● A&C - Arts & Crafts Studio</div><div>● LCR - Large Card Room</div><div>● WC - Wellness Clinic</div></div></div>		<div>8:30 am ● Men’s Water Aerobics (Pool)1</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>10:00 am ● Bible Study with Dave Phillips (Chapel)</div> <div>10:00 am ● Kroger & Banks (Trans)</div> <div>10:30 am ● Cardio Move & Strength (PAC)</div> <div>1:00 pm ● Walmart, Costco, & Banks (Trans)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Dr. Abutineh MD (WC)</div> <div>1:15 pm ● Line Dancing (PAC)</div> <div>1:30 pm ● TV Series: The Golden Girls (Thtr)</div> <div>6:30 pm ● Vespers (PAC)</div>	<div>8:00 am ● Get Physical with Kim (Oasis)2</div> <div>9:00 am ● <i>Travelers: McCarty Pottery (Trans)</i></div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Walmart, Kroger, Aldi, & Banks (Trans)</div> <div>10:15 am ● Strength Training (PAC)</div> <div>10:30 am ● Cornhole Club (LCR)</div> <div>1:00 pm ● Yoga Stretch (PAC)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)</div> <div>1:30 pm ● Movie: Forrest Gump (Thtr)</div> <div>6:00 pm ● <i>Music: Taylor Orr (PAC)</i></div>	<div>8:00 am ● Men’s Christian Fellowship (LCR)3</div> <div>12:00 pm ● <i>The Kentucky Derby (Thtr)</i></div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Advanced Line Dancing (PAC)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>2:30 pm ● Ballroom Dancing (PAC)</div> <div>6:30 pm ● Movie: Forrest Gump (Thtr)</div>
<div>8:00 am ● Church of Christ Service (PAC)4</div> <div>10:00 am ● Worship Service (PAC)</div> <div>12:00 pm ● <i>Travelers: Collierville Fair (Trans)</i></div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:30 pm ● Movie: Freedom Writers (Thtr)</div> <div>4:00 pm ● Movie: Freedom Writers (Thtr)</div> <div>6:30 pm ● Movie: Forrest Gump (Thtr)</div>	<div>8:00 am ● Get Physical with Kim (Oasis)5</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Hobby Pines Group (Hobby Shop)</div> <div>10:00 am ● Poetry & Writing Club (LCR)</div> <div>10:30 am ● Chair Yoga (PAC)</div> <div>10:30 am ● Beginners Billiards (Billiard Room)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>6:00 pm ● Mexican Train Dominos (LCR)</div> <div>6:00 pm ● BINGO (PAC)</div> <div>6:30 pm ● Residents Choice Movie Night (Thtr)</div>	<div>8:30 am ● Men’s Water Aerobics (Pool)6</div> <div>9:00 am ● Dr. Abutineh MD (WC)</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>10:30 am ● Cardio Move & Strength (PAC)</div> <div>10:00 am ● <i>Lunch Bunch: Calvary Rescue Mission (Trans)</i></div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:15 pm ● Line Dancing (PAC)</div> <div>1:30 pm ● Movie: A League of Their Own (Thtr)</div> <div>1:30 pm ● Bunko (SCR)</div> <div>6:30 pm ● Movie: A League of Their Own (Thtr)</div>	<div>9:30 am ● Basic Water Aerobics (Pool)7</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Catholic Services (Chapel)</div> <div>10:00 am ● Pinecone Painters (A&C)</div> <div>11:30 am ● <i>Travelers: Side Street Steppers (Trans)</i></div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Needle Arts Group (Sunroom)</div> <div>1:15 pm ● Mah Jongg (LCR)</div> <div>1:30 pm ● Mexican Train Dominos (Ante)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>1:30 pm ● Movie: Marie Antoinette (Thtr)</div> <div>2:00 pm ● Ballroom Dancing (PAC)</div> <div>6:00 pm ● Wednesday Bridge Group (LCR)</div> <div>6:30 pm ● Movie: Marie Antoinette (Thtr)</div>	<div>8:30 am ● Men’s Water Aerobics (Pool)8</div> <div>9:00 am ● Farmers Market (Lobby)</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>10:00 am ● Bible Study with Dave Phillips (Chapel)</div> <div>10:00 am ● Kroger & Banks (Trans)</div> <div>1:00 pm ● Walmart, Costco, & Banks (Trans)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Dr. Abutineh MD (WC)</div> <div>1:15 pm ● Line Dancing (PAC)</div> <div>1:30 pm ● TV Series: The Golden Girls (Thtr)</div> <div>2:00 pm ● Resident’s Association (PAC)</div> <div>3:30 pm ● Lynn Petty Aviation/Action Photography (Thtr)</div> <div>6:30 pm ● Vespers (PAC)</div>	<div>9:30 am ● Basic Water Aerobics (Pool)9</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)</div> <div>1:30 pm ● Movie: Terms of Endearment (Thtr)</div> <div>6:00 pm ● <i>Music: Just Friends (PAC)</i></div>	<div>8:00 am ● Men’s Christian Fellowship (LCR)10</div> <div>10:00 am ● <i>Mother’s Day Cookout (Grounds)</i></div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Advanced Line Dancing (PAC)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>1:30 pm ● Movie: The Blind Side (Thtr)</div> <div>2:30 pm ● Ballroom Dancing (PAC)</div> <div>6:15 pm ● Trivia Group (Ante)</div> <div>6:30 pm ● Movie: Terms of Endearment (Thtr)</div>
<div>8:00 am ● Church of Christ Service (PAC)11</div> <div>10:00 am ● Worship Service (PAC)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:30 pm ● Movie: Good Will Hunting (Thtr)</div> <div>4:00 pm ● Movie: Good Will Hunting (Thtr)</div> <div>4:00 pm ● <i>Hymn Sing with Leon (Chapel)</i></div> <div>6:30 pm ● Movie: Terms of Endearment (Thtr)</div>	<div>9:30 am ● Advanced Water Aerobics (Pool)12</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Hobby Pines Group (Hobby Shop)</div> <div>10:30 am ● Beginners Billiards (Billiard Room)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>6:00 pm ● Mexican Train Dominos (LCR)</div> <div>6:00 pm ● BINGO (PAC)</div> <div>6:30 pm ● Residents Choice Movie Night (Thtr)</div>	<div>8:30 am ● Men’s Water Aerobics (Pool)13</div> <div>8:30 am ● <i>Par-Perfect Pursuit (Trans)</i></div> <div>9:00 am ● Dr. Abutineh MD (WC)</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>10:00 am ● Women’s Bible Study (Chapel)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Duplicate Bridge (LCR)</div> <div>1:15 pm ● Line Dancing (PAC)</div> <div>1:30 pm ● Movie: Dream Girls (Thtr)</div> <div>1:30 pm ● Bunko (SCR)</div> <div>6:15 pm ● Girls Night Out (Thtr)</div>	<div>9:00 am ● Get Physical with Kim (Oasis)14</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Catholic Services (Chapel)</div> <div>10:00 am ● Pinecone Painters (A&C)</div> <div>10:30 am ● Garden Gro’ers (Greenhouse)</div> <div>11:00 am ● Chair Yoga (PAC)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Needle Arts Group (Sunroom)</div> <div>1:15 pm ● Mah Jongg (LCR)</div> <div>1:30 pm ● Mexican Train Dominos (Ante)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>1:30 pm ● Movie: Heart of Champions (Thtr)</div> <div>2:00 pm ● Ballroom Dancing (PAC)</div> <div>6:00 pm ● Wednesday Bridge Group (LCR)</div> <div>6:30 pm ● Movie: Heart of Champions (Thtr)</div>	<div>8:30 am ● Men’s Water Aerobics (Pool)15</div> <div>9:00 am ● <i>Travelers: Peter Jones Presents (PAC)</i></div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>10:00 am ● Bible Study with Dave Phillips (Chapel)</div> <div>10:00 am ● Kroger & Banks (Trans)</div> <div>10:30 am ● Cardio Move & Strength (PAC)</div> <div>1:00 pm ● Walmart, Costco, & Banks (Trans)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Dr. Abutineh MD (WC)</div> <div>1:15 pm ● Line Dancing (PAC)</div> <div>1:30 pm ● TV Series: The Golden Girls (Thtr)</div> <div>6:30 pm ● Vespers (PAC)</div>	<div>8:00 am ● Get Physical with Kim (Oasis)16</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Walmart, Kroger, Aldi, & Banks (Trans)</div> <div>10:15 am ● Strength Training (PAC)</div> <div>10:30 am ● Cornhole Club (LCR)</div> <div>10:45 am ● Yoga Stretch (PAC)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)</div> <div>1:30 pm ● Movie: Breakfast at Tiffany’s (Thtr)</div> <div>6:30 pm ● <i>Hamateurs “Away We Go” (PAC)</i></div>	<div>8:00 am ● Men’s Christian Fellowship (LCR)17</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Advanced Line Dancing (PAC)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>1:30 pm ● Movie: Tea with Mussolini (Thtr)</div> <div>2:30 pm ● <i>Miss Sofya’s Piano Students (Lobby)</i></div> <div>2:30 pm ● Trivia Group (Ante)</div> <div>6:30 pm ● Movie: Breakfast at Tiffany’s (Thtr)</div>
<div>8:00 am ● Church of Christ Service (PAC)18</div> <div>10:00 am ● Worship Service (PAC)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:30 pm ● Movie: Spy Game (Thtr)</div> <div>4:00 pm ● Movie: Spy Game (Thtr)</div> <div>6:30 pm ● Movie: Breakfast at Tiffany’s (Thtr)</div>	<div>8:00 am ● Get Physical with Kim (Oasis)19</div> <div>9:00 am ● Smith Jewelers (SCR)</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Hobby Pines Group (Hobby Shop)</div> <div>10:30 am ● Chair Yoga (PAC)</div> <div>10:30 am ● Beginners Billiards (Billiard Room)</div> <div>10:30 am ● Tech Time (Sunroom)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>1:30 pm ● Travel Series: Nordic & Baltic (Thtr)</div> <div>6:00 pm ● Mexican Train Dominos (LCR)</div> <div>6:00 pm ● BINGO (PAC)</div> <div>6:30 pm ● Residents Choice Movie Night (Thtr)</div>	<div>8:30 am ● Men’s Water Aerobics (Pool)20</div> <div>9:00 am ● Dr. Abutineh MD (WC)</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>10:30 am ● Cardio Move & Strength (PAC)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:15 pm ● Line Dancing (PAC)</div> <div>1:30 pm ● Movie: Into the Wild (Thtr)</div> <div>1:30 pm ● Bunko (SCR)</div> <div>2:00 pm ● <i>JP Goble Presentation (PAC)</i></div> <div>3:00 pm ● KP Photo Club (LCR)</div> <div>6:30 pm ● Movie: Into the Wild (Thtr)</div>	<div>9:00 am ● Get Physical with Kim (Oasis)21</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Catholic Services (Chapel)</div> <div>10:00 am ● Caregiver Support Group (SCR)</div> <div>10:00 am ● Pinecone Painters (A&C)</div> <div>11:00 am ● Chair Yoga (PAC)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Needle Arts Group (Sunroom)</div> <div>1:15 pm ● Mah Jongg (LCR)</div> <div>1:30 pm ● Mexican Train Dominos (Ante)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>1:30 pm ● Movie: A Complete Unknown (Thtr)</div> <div>2:00 pm ● Ballroom Dancing (PAC)</div> <div>6:00 pm ● Wednesday Bridge Group (LCR)</div> <div>6:30 pm ● Movie: A Complete Unknown (Thtr)</div>	<div>8:30 am ● Men’s Water Aerobics (Pool)22</div> <div>9:00 am ● Farmers Market (Lobby)</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>10:00 am ● Bible Study with Dave Phillips (Chapel)</div> <div>10:00 am ● Kroger & Banks (Trans)</div> <div>10:30 am ● Cardio Move & Strength (PAC)</div> <div>1:00 pm ● Walmart, Costco, & Banks (Trans)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Dr. Abutineh MD (WC)</div> <div>1:15 pm ● Line Dancing (PAC)</div> <div>1:30 pm ● TV Series: The Golden Girls (Thtr)</div> <div>6:30 pm ● Vespers (PAC)</div>	<div>8:00 am ● Get Physical with Kim (Oasis)23</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)</div> <div>10:15 am ● Strength Training (PAC)</div> <div>10:45 am ● Yoga Stretch (PAC)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)</div> <div>1:30 pm ● Movie: Treasure Island (Thtr)</div> <div>2:00 pm ● <i>Art Opening (PAC)</i></div> <div>6:00 pm ● <i>Music: Gin Tonic (PAC)</i></div>	<div>8:00 am ● Men’s Christian Fellowship (LCR)24</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Advanced Line Dancing (PAC)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>1:30 pm ● Movie: The Pursuit of Happiness (Thtr)</div> <div>2:30 pm ● Ballroom Dancing (PAC)</div> <div>6:15 pm ● Trivia Group (Ante)</div> <div>6:30 pm ● Movie: Treasure Island (Thtr)</div>
<div>8:00 am ● Church of Christ Service (PAC)25</div> <div>10:00 am ● Worship Service (PAC)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:30 pm ● Movie: The Terminal (Thtr)</div> <div>4:00 pm ● Movie: The Terminal (Thtr)</div> <div>6:30 pm ● Movie: Treasure Island (Thtr)</div>	<div>8:00 am ● Get Physical with Kim (Oasis)26</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Hobby Pines Group (Hobby Shop)</div> <div>10:30 am ● Chair Yoga (PAC)</div> <div>10:30 am ● Beginners Billiards (Billiard Room)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>6:00 pm ● Mexican Train Dominos (LCR)</div> <div>6:00 pm ● BINGO (PAC)</div> <div>6:30 pm ● Residents Choice Movie Night (Thtr)</div>	<div>8:30 am ● Men’s Water Aerobics (Pool)27</div> <div>9:00 am ● Dr. Abutineh MD (WC)</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>9:30 am ● Book Baggers (Chapel)</div> <div>10:30 am ● Cardio Move & Strength (PAC)</div> <div>11:45 am ● <i>Birthday Lunch (Dining)</i></div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Duplicate Bridge (LCR)</div> <div>1:15 pm ● Line Dancing (PAC)</div> <div>1:30 pm ● Movie: Everest (Thtr)</div> <div>1:30 pm ● Bunko (SCR)</div> <div>3:45 pm ● <i>Birthday Dinner (Dining)</i></div> <div>6:30 pm ● Movie: Everest (Thtr)</div>	<div>9:00 am ● Get Physical with Kim (Oasis)28</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● <i>Travelers: Belz Museum (Trans)</i></div> <div>10:00 am ● Catholic Services (Chapel)</div> <div>10:00 am ● Pinecone Painters (A&C)</div> <div>11:00 am ● Chair Yoga (PAC)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Needle Arts Group (Sunroom)</div> <div>1:15 pm ● Mah Jongg (LCR)</div> <div>1:30 pm ● Mexican Train Dominos (Ante)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>1:30 pm ● Movie: The Quick and the Dead (Thtr)</div> <div>2:00 pm ● Ballroom Dancing (PAC)</div> <div>6:00 pm ● Wednesday Bridge Group (LCR)</div> <div>6:30 pm ● Movie: The Quick and the Dead (Thtr)</div>	<div>8:30 am ● Men’s Water Aerobics (Pool)29</div> <div>9:30 am ● Advanced Water Aerobics (Pool)</div> <div>10:00 am ● Bible Study with Dave Phillips (Chapel)</div> <div>10:00 am ● Kroger & Banks (Trans)</div> <div>10:30 am ● Cardio Move & Strength (PAC)</div> <div>1:00 pm ● Walmart, Costco, & Banks (Trans)</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Dr. Abutineh MD (WC)</div> <div>1:15 pm ● Line Dancing (PAC)</div> <div>1:30 pm ● TV Series: The Golden Girls (Thtr)</div> <div>6:30 pm ● Vespers (PAC)</div>	<div>8:00 am ● Get Physical with Kim (Oasis)30</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)</div> <div>10:15 am ● Strength Training (PAC)</div> <div>10:45 am ● Yoga Stretch (PAC)</div> <div>11:30 am ● <i>Travelers: The Peabody (Trans)</i></div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)</div> <div>1:30 pm ● Movie: The Sign of Zorro (Thtr)</div> <div>6:00 pm ● <i>Music: Jim Cornfoot & Patrick Jones (PAC)</i></div>	<div>8:00 am ● Men’s Christian Fellowship (LCR)31</div> <div>1:00 pm ● Billiards Group (Billiard Room)</div> <div>1:00 pm ● Advanced Line Dancing (PAC)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>1:30 pm ● Movie: Texas Rangers (Thtr)</div> <div>2:30 pm ● Ballroom Dancing (PAC)</div> <div>6:30 pm ● Movie: The Sign of Zorro (Thtr)</div>

May 2025 EVENTS

May 1: Water Aerobics

We have a Water Aerobics class for everyone! Advanced Water Aerobics classes will be held on Mondays, Tuesdays, & Thursdays at 9:30 am. Spots are limited so, be sure to sign up in the Oasis. Basic and Beginning Water Aerobics classes are held on Wednesdays & Fridays at 9:30 am. Men's Water Aerobics is held on Tuesdays & Thursdays at 8:30 am.

May 1: Bible Study with Dave Phillips

Join Germantown Church of Christ's Dave Phillips as he leads a group Bible Study every Thursday at 10:00 am in the chapel. All denominations invited.

May 1: Cardio Move & Strength

Gentle cardio and strength exercises to enhance energy and strength. This class will improve strength, improve balance, enhance energy and delay muscle and bone loss. Join us in the PAC at 10:30 am on Tuesdays and Thursdays.

May 1: Billiards Group

Social Billiards for men and women! All skill levels welcome. Mondays at 10:30 am and EVERY DAY at 1:00 pm in the billiard room. Come out and just have some fun with us!

May 1: Medical Director Dr. Mike Abutineh MD

Will be in the Wellness Clinic Tuesdays 9:00 am -12:00 pm and Thursdays 1:00-4:30 pm. Appointments required.

May 1: Line Dancing

Line Dancing will be held every Tuesday & Thursday at 1:15 pm in the PAC. Come join for some fun exercise and a great way to make new friends. Advanced Line Dancing is held on Saturdays at 1:00 pm. Everyone is welcome!

May 1: Series: Golden Girls

The Golden Girls is the story of 4 single middle-aged women who share a house in Miami Beach. Bea Arthur plays Dorothy, a divorced schoolteacher, with a sardonic wit. Rue McClanahan plays Blanche, a man-hunting Southern Belle. Betty White plays Rose, a very sweet woman who is

somewhat spacey Rounding out the trio is Estelle Getty, playing Dorothy's outspoken mother, Sophia. Showtimes are every Thursday at 1:30 pm.

May 2: Get Physical with Kim

Join our fitness instructor Kim Roberts every Monday and Friday in the Oasis at 8:00 am and Wednesdays at 9:00 am. She will be teaching how to safely use all of the gym equipment and is available to answer any questions you may have.

May 2: Travelers: McCarty Pottery

Join the Travelers on Friday May 2nd, to explore McCarty Pottery in Merigold, MS. The McCarty's began making their famous pottery in 1954 concentrating on both artistic and functional pieces. The McCarty's unique style, with the focus on the simple yet elegant, is one of the main reasons for the "collectability" of the pottery. In addition to their pottery, their gardens are truly a sight to see. Visitors have described the gardens as serene, peaceful, and elegant. We will enjoy lunch at Gallery Restaurant on site. Sign up in Resident Programs. Lobby time 9:00 am. Transportation fee is \$10. Don't forget your lunch money!



May 2: Group Exercise

Join us for Group Exercise every Monday, Wednesday & Friday. We will be in the PAC at 9:30 am.

May 2: Strength Training

As we age, it is so important that we maintain our strength in order to independently care for ourselves and loved ones. Join us every Friday at 10:15 am in the PAC for our strengthening exercise class.

May 2 & 16: Cornhole Club

Come out and join us for our newest trending game, cornhole. Whether you're new to playing, or an expert, everyone is welcome. Join us in the LCR at 10:30 am for a fun time.

May 2: Yoga Stretch

Gentle yoga can be very effective for seniors in preventing or slowing down the loss of bone density, and relieving bone and joint pain. Come on out and join Ms. Kim every Friday at 10:45 am in the PAC.

May 2: Music: Taylor Orr

Let's welcome Taylor Orr back to our stage! Get ready for a tour through the history of Memphis Music, including the blues, 50's Country music, and old school Rock n Roll. The music begins in the PAC at 6:00 pm. Don't be late.

May 3: Men's Christian Fellowship

The Men's Christian Fellowship meets every Saturday morning at 8:00 am. Come enjoy coffee and fellowship with us each week. There is a rotating list of resident speakers who give a devotion at each meeting. All men are welcome and encouraged to attend.

May 3: Game Play Group

Like to play games? Bring your own to share or join in with someone already there! Meets in the LCR every Monday, Wednesday, and Saturday at 1:30 pm.

May 3: Ballroom Dancing

Ballroom dancing is that perfect combination of physical activity, social interaction, mental stimulation, and it's FUN! Join us every Wednesday at 2:00 pm and Saturday at 2:30 pm in the PAC for a group class and ask us about private lessons.

May 4: Church of Christ Service

Our service will be every Sunday at 8:00 am in the Chapel. All are welcome and encouraged to attend.

May 4: Worship Service

Whether you come join us or watch our from home, be sure to catch our Sunday service at 10:00 am in the PAC. All are welcome and encouraged to attend.

May 4: Travelers: Collierville Fair on the Square

Join the Travelers to the Collierville town square for the fun filled day of shopping. This year marks the 49th annual fair on the square! This is Collierville's largest public arts and crafts event hosted by the Collierville Twentieth Century Club. This event hosts all of your favorite local vendors, live entertainment, and delicious food. Sign up in Resident Programs. Lobby time 12:00 pm on Sunday May, 4th. Free admission. Transportation fee is \$5.

May 5: Hobby Pines Group

Enjoy wood working? Join the Hobby Pines group. We meet every Monday at 10:00 am in the Hobby Shop.

May 5: Poetry & Writing Club

The Writing and Poetry Group meets the first Monday of every month at 10:00 am in the LCR. We will meet for an hour and share our writings with everyone. This month's writing prompt is to write about how you met your spouse. New Members encouraged and welcome to join in.

May 5: Chair Yoga

Chair yoga is a gentle form of yoga that can be done while sitting. Many poses can also be done standing while using a chair. The benefits of yoga are improving flexibility, improving concentration, reducing stress, and joint pain. Join us in the PAC at 10:30 am each Monday & 11:00 am on Wednesdays.

May 5: Mexican Train Dominoes

Looking for a new game to play? Try Mexican Train Dominoes. Come by the LCR every Monday at 6:00 pm or the Ante Room every Wednesday at 1:30 pm. If you have any questions or want to join, reach out to Paula Hanson or Phyllis Mitchell.

May 5: Bingo

Who doesn't love Bingo? You're sure to make a new friend or catch up with some old friends. Join us in the PAC every Monday night at 6:00 pm. Cards are \$1 to play, limit 2 cards per person.

May 5: Resident's Choice Movie Night

Resident's choice movie night is going to be held every Monday night at 6:30 pm. Here is your chance to pick the movie. Whether you missed a movie that was shown previously or you have a movie you would like to see on the big screen, this is for you! Let Sally Cook know the week before what movie you want to see.

May 6: Lunch Bunch: Calvary Rescue Mission Luncheon

Calvary Rescue Mission has a luncheon on the 1st Tuesday of every month. We have decided to join them for \$5 all you can eat fried chicken on Tuesday, May 6th. They will have special guest speaker, Ben Taylor – Missions Pastor for Bellevue Baptist Church. Sign up in Resident Programs. Lobby time is 10:00 am. Transportation

fee is \$5. Don't forget your lunch money!

May 6: BUNKO

Join this fun group of folks every Tuesday at 1:30 pm in the SCR for the great game of BUNKO.

May 7: Catholic Services

The Church of the Holy Spirit will be holding Catholic services in the chapel every Wednesday at 10:00 am. The third Wednesday of each month is mass and communion and the Rosary will be offered all other weeks.

May 7: Pinecone Painters

Enjoy art? Like doing acrylic, watercolor, oil, or fabric? Come join the Pinecone Painters. They will meet each Wednesday at 10:00 am in the Arts and Crafts Studio.

May 7: Travelers: Side Street Steppers - Theatre Memphis

The Side Street Steppers are a page from America's past, playing rare and popular music from the 1920s and 30s. The Side Street Steppers present a pastiche of this transformation of the American musical landscape, performing on vintage and homemade instruments. Get ready for plenty of hip-shaking, foot stompin', caterwauling and croonin'. This show will be at Theatre Memphis on Wednesday, May 7th. Lobby time is 11:30 am. We will enjoy lunch at Huey's prior to the performance. Tickets are \$7 and Transportation Fee is \$5. Sign up in Resident Programs.

May 7: Needle Arts Group

Have a passion for fiber arts? Come join the group in the Sunroom on Wednesdays at 1:00 pm.

May 7: Mah Jongg

Join the group for Mah Jongg play each Wednesday at 1:15 pm in the LCR.

May 7: Bridge Group

The Bridge Group meets every Wednesday at 6:00 pm in the LCR and is open to all residents. Bring a partner and come join us. There is a sign-up binder in the hallway near the Bistro.



May 8 & 22: Farmer's Market

The Farmer's Market is back! Come to the lobby on the 2nd & 4th Thursday every month from 9:00 am to 1:00 pm to get your fresh produce.



May 8: Resident Association

The Kirby Pines Resident Association will meet at 2:00 pm in the Performing Arts Center. Randy Hutchinson, President & CEO, BBB of the Mid-South will present: AI: How it is Affecting Older Adults Now.

May 8: Lynn Petty: Aviation/ Action Photography

Lynn Petty will present his techniques for photographing airplanes in action. The presentation will focus on camera settings, lenses, locations, posture, and things to ponder with capturing aircraft in action. The discussion will directly parallel common points of interest for fast action, wildlife, and sports photography. Join us at 3:30 pm in the theatre.

May 9: Music: Just Friends

Just Friends Band members Larry Tyler, Kelley Walker and Wes Walker will delight audiences with skilled renditions of pop, jazz standards, rock, country, and gospel. Larry Tyler is skilled on both guitar and keyboard and provides vocals on a wide repertoire of material, including pop, jazz standards, rock, country, and gospel. Music is at 6:00 pm in the PAC.

May 10: Mother's Day Cookout

Happy Mother's Day! Come celebrate with family and friends by enjoying an afternoon of delightful food and outdoor activities that will be shared by all generations on the grounds of Kirby Pines!

May 10 & 24: Trivia Group

All residents are welcome to attend this noncompetitive activity, and are encouraged to participate, or just listen and enjoy. The theme this month will be Food & Drink, however, trivia questions can be presented on any topic. Join us at 6:15 pm in the ante room.

May 11: Hymn Sing with Leon

Please Join us in the Chapel for a resident led Hymn singing with Mr. Leon Sander-son. We will begin at 4:00 pm.

May 13: Par-Perfect Pursuit

Calling all golf enthusiasts at Kirby Pines! We are taking a trip to Mirimichi Golf Course in Millington, TN. The ticket price for this trip is \$26, which includes everything we need to tee off at 9:00 am. All you need to bring is your golf clubs and love for the game. Lobby Time is 8:30 am. Sign up in Resident Programs. Transportation fee is \$5.

May 13: Women's Bible Study

Ladies, come join our new women's bible study organized by Germantown Presbyterian Church. We meet the 2nd Tuesday of the month at 10:00 am in the Chapel.

May 13 & 27: Duplicate Bridge

Duplicate Bridge will begin at 1:00 pm on the 2nd and 4th Tuesday of every month. If you would like to join, come out to the LCR.

May 13: Girls' Night Out

Join us for this month's Girl's Night Out movie, "Florence Foster Jenkins". The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice. The movie will start at 6:15 pm.

May 14: Garden Gro'ers

One of the most delightful things about a garden is the anticipation it provides. If you enjoy gardening as much as we do, we would love for you to become a member of our gardening community. Join us in the Greenhouse at 10:30 am.

May 15: Travelers: Peter Jones Amazon Part 2

Peter Jones will give a PowerPoint presentation on May 15 at 9:00 am, in the PAC with live streaming on in-house TV. Join him as the 28-guest river boat, La Amitista, navigates the upper reaches of the Rio Amazonia, Rio Ucayali, and Rio Tapiche in Peru, viewing spectacular scenery and wildlife, and visiting the Riberenos people in their villages on the riverbanks.

May 16: Hamateurs: Away We Go

Come join in the fun as the Ham-a-tuers present "Away We Go"! Enjoy the talents of your fellow residents as they perform. This will be a fun filled evening of singing, skits, & surprises. The show starts at 6:30 pm. The PAC opens for seating at 6:00 pm.

May 17: Miss Sofya's Piano Students

Kirby is excited to welcome back the Miss

Sofya's piano students to perform. Please come out to the Lobby starting at 2:30 pm to listen to these wonderful students and enjoy their showcases.

May 19: Smith Jewelers

Have any jewelry in need of repair? Come see Van Smith in the SCR on the 3rd Monday at 9:00 am.

May 19: Tech Time

Bring your phones, tablets, laptop whatever issue you have they will be glad to help. Cathy will be coming every 3rd Monday at 10:30 am in the Sunroom.

May 19: European Travel Series

Join us in the theater on the 3rd Monday every month to enjoy a documentary about a new location. This month we will be taking a trip to learn about "Oslo, Stockholm, Helsinki, & Tallinn". Program will begin at 1:30 pm in the theatre.

May 20: KP Photo Club

If you love our Photo Club page in the Pinecone, come join us at 3:00 pm in the LCR and learn to take better photos!

May 20: J.P. Goble Presents

Come join J.P. Goble, Certified Financial Planner and Certified Public Accountant, to discuss our current "Healthcare Conundrum". J.P. will be discussing the current market options and challenges people face when planning for their healthcare during retirement. He will be presenting in the PAC on May 20th at 2:00 pm.

May 21: Caregiver Support Group

Are you caring for a loved one? Our support group meets the 3rd Wednesday of every month in the Small Card Room at 10:00 am. We find support as well as comforting suggestions for unique problems. Caregiving is very difficult. Come be a part of our group.

May 23: Art Opening

Join us in the PAC at 2:00 pm to hear from our local artists here at Kirby, see their new work. Refreshments will be served throughout. We hope to see you there!

May 23: Music: Gin Tonic

Three Memphis players with similar taste in music, the ability to perform a wide range of styles, and the love for entertaining people came together. The trio plays songs for everyone to recognize, sing along, and enjoy. The hour of music is drawn from classic songbooks, west-

ern swing, country, rock 'n' roll, and folk genres. Gin Tonic serves up a tasty blend of tunes from the past with a modern flare featuring vocals, strings, horns, and woodwinds. The performance begins at 6:00 pm in the PAC.

May 27: The Book Baggers

On Tuesday May 27th, Michael Semore will be leading us in the review of "One Writer's Beginnings" by Eudora Welty. Join us at 9:30 in the chapel while Michael, an English teacher for many years, helps us to fully appreciate this book written by one of the giants among Southern authors.



May 27: Birthday Meal

Attention birthday folks! We want to celebrate you! Grab some friends and join us for lunch or dinner to celebrate your birthday. Be sure to RSVP with Kayla Holland @ 901-488-9019 to reserve your table.

May 28: Travelers: Belz Museum of Asian & Judaic Art

Join the Travelers to the Belz Museum of Asian & Judaic Art. The museum is unofficially called "The Jade Museum," since one of the main materials featured is jade in sculptural form. The main Asian collection features artworks from the Qing Dynasty, The Judaic Section has been updated with new pieces never displayed, including an original work by Mr. Jack Belz. Sign up in Resident Programs. Lobby time is 10:00 am on Wednesday, May 28th. Tickets are \$20 and transportation fee is \$5.

May 30: Music: Jim Cornfoot & Patrick Jones

Welcome to the Kirby Pines stage, local musicians Jim Cornfoot & Patrick Jones. Their performance features art songs and opera arias of Schubert, Brahms, Benjamin Britten, along with a collection of British folk songs. In the PAC at 6:00 pm. Don't be late!

PUZZLE CHALLENGE | Giant Word Search

D P Z K P Z H I J E V U F A B G E M C E F
 E E S I W T K I S S E S V Z Y V Z U O R O
 V R L G E E O M L W G L C Z I V T B M U Z
 G F H J V L Z M W W Z M Q T W V T H F T U
 N U Q B O E T K J V S H C Q D X N Q O R U
 I M L M L P V W N L U E Q Z A A B Y R U X
 V E O M G H P J O Y T J T H E B E S T N O
 I M R R A O W T E O Q A E U G G K M B Z G
 G D J B B N E P R H D J O W M P C I T V E
 R R R V G E W P U E K K G D E T E N D E R
 O E G N M R Y G V M R E P T M L Z Q S B P
 F T N Q M A S O K T S A F K A E R B P E K
 U H I N O I T A I C E R P P A K O Y G A E
 E G M V I E Z E Z Q K L I P Q U W U C U R
 O U R W D H V J R C J K R F Q Q I B O T A
 G A A L H O M T E N L S L S Y D N A C I H
 N L H V N O Z Z A T A I C O A B X Z W F S
 K Z C H T F E V J P B L V N R G R A D U L
 Y H G H F L O W E R S H C L B W R G F L G
 Q K E F J O V G F H Z E F U C M U J B T K
 Y R B V D E A N K G I F T S R K P E W B Q

HAPPY MOTHER'S DAY Find the Words hidden in the grid of letters.

APPRECIATION
 BEAUTIFUL
 BREAKFAST
 CANDY
 CHARMING
 COMFORT
 DEVOTED
 FLOWERS
 FORGIVING
 GIFTS
 GUIDANCE
 HUGS
 JEWELRY
 JOY
 KISSES

LAUGHTER
 LOVE
 MATERNAL
 MOM
 MOTHER
 NURTURE
 PERFUME
 PROTECTIVE
 SHARE
 TELEPHONE
 TENDER
 THE BEST
 WARM
 WISE



Puzzle Solutions page 22

PICTURING LIFE AT KIRBY PINES

BIRTHDAYS, ART SHOW & DIXON GARDENS



Nadine West is all smiles at her birthday celebration.



Jeanie Seay celebrates with husband, Mark, and friends Meryl Stewart & Marianne Schadrack.



Sam Bates birthday includes his wife, Ellie, and friends Bettye & Tracy Speake.



Our latest Art Presentation had several entries, shown here are Suzanne Hufnagel with one of her beautiful quilts and Leora Elli with a vase of "plastic flowers".



The Travelers, including Stuart & Bonnie Eyman, took a trip to the Dixon Gardens to see their beautiful Tulips and spring flowers.



Ginger Blount get a pic with some of the gorgeous colors.



Laura & Ernie Leuenberger enjoyed the day out in the gardens.



Caroline Lloyd has a seat to take in all the sights around her.

PICTURING LIFE AT KIRBY PINES

BAKE SALE, EASTER & MORE



Dennis Renick, Fran Gentry and Judy Deshaies volunteer at the Arthritis Foundation Bake Sale.



Meanwhile, Ronny Copeland donates to the Bake Sale.



Bankie McCarty gets her hands dirty. Photo by Marsha Greiner.



Donna Griffin with her daughter, Michelle, and great granddaughter, Kennedy, at the Easter Egg Hunt with the Bunny himself.



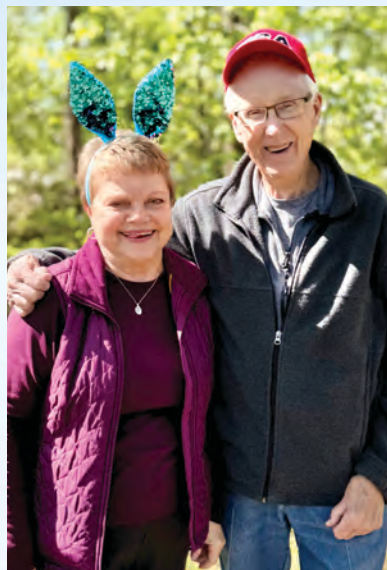
Alice Wherry has her hands full of Easter joy with her great grand daughter.



Looks like someone found a few eggs on the playground. Photo by Stuart Eyman.



Barbara Hanrahan enjoys the egg hunt with her grandson.



Carolyn Hladky goofs off with Marty Kocman.



Executive Assistant, Pam Shatraw, had an Easter Givaway from Michael's Gifts. Winners were Jean Mauney and Jim Stanley.



PICTURING LIFE AT KIRBY PINES

BOTANIC GARDENS, WALK TO CURE & TRAVELERS



The Travelers went to the Memphis Botanic Gardens to see the fabulous Troll exhibit that was featured in last month's Pinecone. Marcia Fraley with Ibby Pip, Neil Lloyd & John Blount with Rosa Sunfinger and the crew with Ronja Redeye.



It was beautiful day for our Walk To Cure Arthritis, with several folks getting out and moving. Bobby & Susie Thompson; Barbara Phillips with Jody & John Sosh; and Cheryl Johnson.



Our Travelers went to the Sultana Disaster Museum in Marion, Arkansas, then had lunch at the Shake Shack. Pictured are Mary Stagg, Bill Crosby and Kate & Charlie Foster.

Lou Moore takes a minute to flash her beautiful smile while reading in the Library.

KIRBY PINES PHOTO CLUB



Photo by Connie Carter



Photo by Carolin Thomason

**Join Us May 20th
at 3:00 pm in the
Large Card Room!**

**This month our
Photo Club members
made collages and
took spring pictures.**



Photo by Dale Jones



Photo by Mary Ann Thurmond



Photo by Fred Dabrowski



Photo by Ginger Blount



Photo by Arrena Cheek



Photo by Hugh Wilson



Photo by Sheryl Maxwell



Photo by Jane Longfield



Photo by Fran Gentry

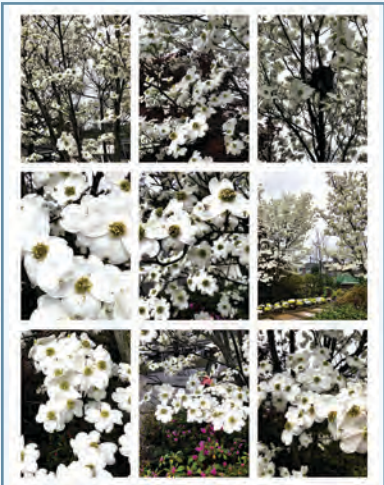


Photo by Sylvia Statham



Photo by Stuart Eyman

Memorials, Honorariums & Gifts

In Memory Of

BILL SAYLE

Donation by KP Resident Association
to the Hamateurs

Donation by Alice Petty
to the Entertainers

Donation by Sylvia Statham
to the General Fund

Donation by Carol Odom
to the General Fund

ROGER HLADKY

Donation by Sam & Ellie Bates
to the Entertainers

In Honor Of

MARK MAXWELL

Donation by Jane Longfield
to the Hobby Shop

Donation by Martha Pugh
to the Hobby Shop

JANICE WALL

Donation by Marilyn & Leon Sanderson
to the Book Baggers

JOAN DODSON

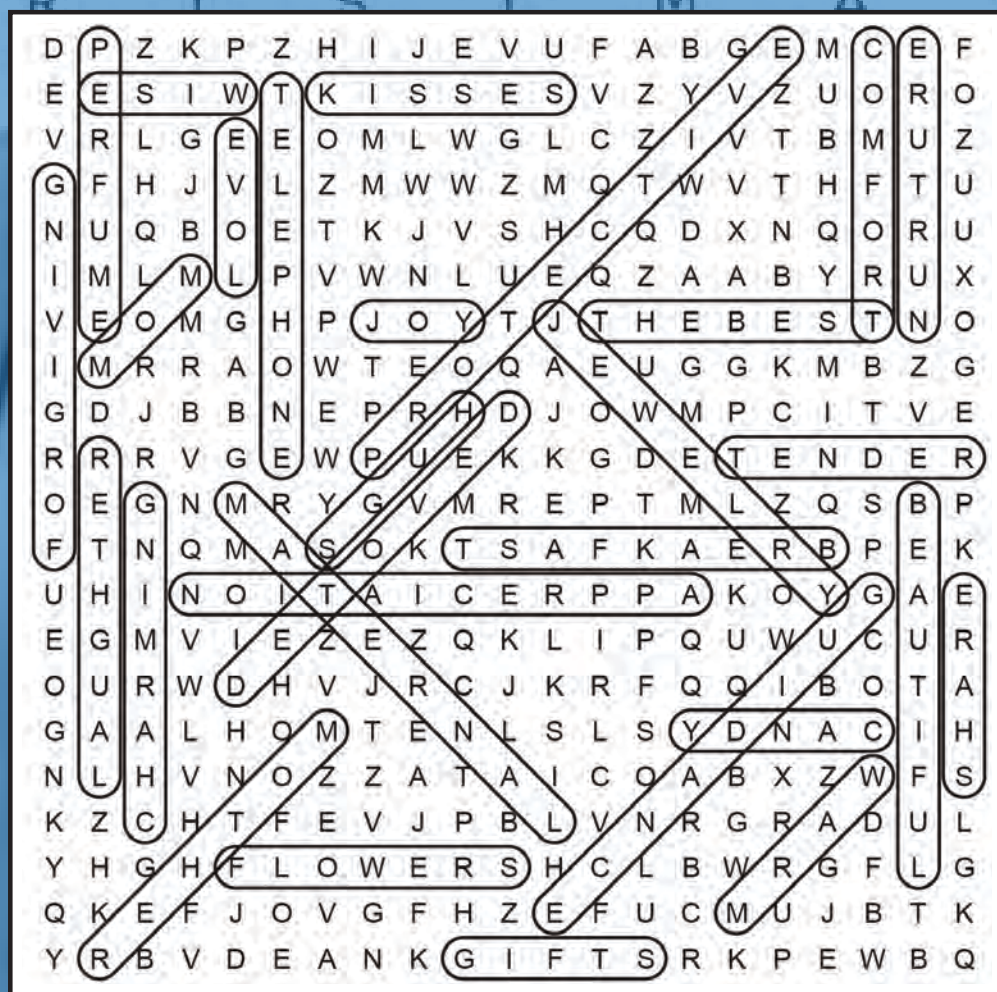
Donation by Marilyn & Leon Sanderson
to the Entertainers

**MARK MAXWELL &
BOB SMALL**

Donation by Jim Gordon
to the Hobby Shop



GIANT WORD SEARCH



ANSWERS TO THE PUZZLE CHALLENGE ON PAGE 17

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Camera and Scan this
Code to Get There!



THE MARKETS ARE CRASHING! NOW WHAT?

As you watch your 401K and personal investments shrink. The advisors at Your Family Matters recommends this response - **DON'T PANIC!!**

Instead consider the following:

- **The fundamentals** that led you to purchase your investments are pretty much the same.
- **Stay Focused on the Long-Term:** Markets have historically recovered from downturns. Think years, not days or weeks.
- **Avoid Emotional Decisions:** Panic selling can lock in losses. Reacting emotionally often leads to poor investment choices.
- **Market Volatility is Normal:** Ups and downs are part of investing. Downturns, while uncomfortable, are not unusual.
- **Stick to Your Plan:** If you have a diversified investment strategy based on your goals and risk tolerance, stay the course.
- **Opportunities May Arise:** Market dips can offer opportunities to buy quality assets at lower prices.
- **Don't Try to Time the Market:** Predicting the perfect moment to buy or sell is nearly impossible, even for professionals.
- **Review, Don't React:** Use this time to review your portfolio, not overhaul it. Ensure it still aligns with your long-term goals.
- **Consult a Financial Advisor:** A professional can help you put market movements in perspective and guide you through uncertainty.
- **Look at the Bigger Picture:** Economic cycles are natural. Staying invested through them is key to building wealth over time.



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A WIN - WIN EFFORT

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Contact Tim Cox at
tcx@retirementcompanies.com

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